"The South 40" by JAMES A. SMITH EXTENSION AGENT

Last Wednesday the 7th group of Senior bulls came off test at Red House. Only January 27 there will be 60 bulls offered for sale, consisting of 24 Angus, 26 Polled Hereford, 8 Simmental, 1 Charolais and 1 Hereford.

This is probably the heaviest set of bulls that have come off test at Red House. The Angus averaged 1,133 pounds, Polled Hereford 1,206 and Simmental 1,278.

Looking over the past seven years, we can see improvement in the quality of bulls being made available. In 1973 there were only 9 bulls in the Senior and Junior test that weighed 1000 pounds or more at year of age out of 88. Put on a percentage basis, it represented 18% of the Senior group and 11% of the juniors.

The following year we offered 92 bulls for sale and 17 had that magic figure of 1000 or more pounds a year of age. This breaks down as 22% of the Seniors and 15% of the Juniors.

In 1975 we were really on the move offering 97, and 40 of them with 1,000 pounds plus weights of 47% of the Seniors and 35% of the Juniors.

The next year, 1976, was the premier year. There were 95 bulls offered and 55% of the Seniors and 36% of the Juniors were 1,000 pound cattle at a year old. These 46 bulls are the most we've ever had during a feeding season.

The next two years, 1977 and 1978, were dry years and this was reflected in the way the bulls performed. It was the feed they ate and their dams had as well as the quality of feed at the test station. In 1977 there were 106 bulls offered for sale, but only 28 reached the goal of 1,000 pounds. This breaks out as 24% of the Seniors and 30% of the Juniors.

The following year, 1978, wasn't much different. Of the 103 bulls, 30 had year end weights of 1,000 pounds; 32% were Seniors and 24% Juniors.

The Red House Bull Evaluation Center is a test station that is providing the bulls for today and, more importantly, the genetics for tomorrow. Improved performance means cheaper production costs for the farmer and lowers beef costs for the consumer.

The idea is to simply take vegetation fibers that cannot be digested by man and convert these fibers into a high quality protein that we call hamburger, steaks and roasts.

Consumers, as well as cattlemen, need to visit, understand and appreciate the contribution this test center is making to not only our county, but Virginia and surrounding states.

* * *

In the coming days, farmers will be receiving Field Crop Variety Recommendations for 1979, 1979 Vegetable Variety Recommendations and a copy of OSHA Worker Protection Standards. Others who have gardens can pick up a copy of recommended vegetable varieties from our office.

* * *

Cattlemen will want to attend the Annual Meeting of the Virginia Beef Cattle Association in Roanoke on February 2 and 3. It is being held at the Hotel Roanoke this year.

Last Week	.63
This Month	2.86
This Year	2.86

CANCER Answer

American Cancer Society

A regular feature, prepared by the American Cancer Society, to help save your life from cancer.

A college student writes: "I'm a great believer in behavior modification techniques. How can they be applied to helping smokers quit?"

ANSWER line: Cigarette smoking is a behavior pattern that becomes so automatic that some people smoke without being aware of it. For example, some people automatically "light up" whenever they drink coffee or as soon as the morning alarm bell rings. Many smoking withdrawal programs try to make people (1) aware of their personal habit pattern by charting just when and where they smoke and, (2) by breaking some locked-in behavioral patterns. For example, a person who always "lights up" when dawdling over coffee may be advised to drink coffee standing up in another room. Behavior modification is very much part of smoking withdrawal programs. If you want more specifics, check with the leaders of clinics run by your local American Cancer Society Unit.

A woman writes: "My husband who is 55 has recently begun to wake during the night to use the bathroom. I believe that something is wrong but he refuses to go to a doctor. What should I do?"

ANSWER line: There are many, urinary difficulties that beset older men but contrary to to what you may think or fear, such difficulties are not necessarily indicative of cancer. Tumors commonly found in the prostate gland are usually not malignant. More than half of the men in the U.S. over 50 have some degree of this benign condition which can interfere with urination. These are the reassuring facts that you might use to convince your husband that it need not be so frightening to have a checkup. True, cancer is always a possibility. But it is the undiagnosed cancers that is the most dangerous. You can honestly tell your husband that it will help his health and his peace of mind to have a checkup and that he owes it to himself.

A biology teacher notes: "My students don't really believe that people can be successfully treated for cancer. To convince them, can you give me the names of some famous people who have overcome cancer?"

ANSWER line: Many famous people offer living proof that cancer can be successfully treated. The list includes such greats of stage and screen as John Wayne and Van Johnson, and such public figures as Betty Ford, Happy Rockefeller, TV star Virginia Graham, singer Minnie Riperton, Richard Rodgers' collaborator Frank Church, pro football's Jack Pardee and champion golfer Gene Littler. Television newscaster Betty Rollin, author of "First, You Cry" is another one of the outstanding people who have battled cancer and have used their personal experience to teach the public that it's possible to return to a full and active life after conquering this disease.

HAPPINESS IS 4-H

By Frank H. Sweet Extension Agent

The County 4-H Public Speaking Contest will be Thursday, February 8, at Appo. Elementary School beginning at 7 p.m. Mark your calendar so you can be sure to attend so that you will have the opportunity to hear some of the finest young speakers in Appomattox. Awards for 4-H Public Speaking are provided by Farmers National Bank.

* * *

The Annual 4-H Awards Banquet will be held at the Appomattox County High School Auditorium on Monday evening, January 22, beginning at 6:30 p.m. This will be a covered dish banquet with each family invited asked to bring two dishes. Awards for outstanding project and activity work in the past year will be made following the banquet.

* * *

Several 4-H parents have asked about our date for 4-H Camp this summer. It looks like we'll be going to Holiday Lake the week of August 6-10 in 1979.

* * *

The first spring 4-H and FFA livestock show will be Saturday, May 12, at the Five County Fairgrounds in Farmville. This show, the Southside Area Junior Livestock Show, will involve 4-H and FFA members from about 8 counties. Beef steers, beef heifers, market hogs and market lambs will be shown.

* * *

The American Beekeeping Federation is again sponsoring an essay contest for 4-H members. Essay should be on the topic "Products of the Honey Bee Colony" and should be 750 - 1000 words in length.

Essays may be hand written or typed. All essays are due in the County Extension Office by March 23, 1979. A $250.00 cash prize is being awarded to National winning essay.

* * *

The 4-H Teen Leader Club will be planning for the 1979 Interstate Exchange trip to Nebraska. Several fund raising efforts will be made later in the spring to help with this program.

* * *

The Mighty Four 4-H Club recently visited the new Babcock Manor Rest Home in Appomattox. The club members provided entertainment and several refreshments to residents of the home. This is an excellent way for 4-H groups to help others. Members participating were Rhonda Nash, Susan Parris, David Caldwell, Michael Nash and Blair Smith.

MONEY FACTS & FANCIES

Many people think that in order to earn interest, money deposited in a bank must be put into a savings account. And they were right—until recently. Now many people are earning interest on their checking accounts!

* * *

Johannes Gutenberg, the father of printing, was originally a goldsmith.

Negotiable Order of Withdrawal or NOW checking accounts pay 5 percent interest to depositors on their average daily checking account balance. Although only banks in New England are legally permitted to offer this service, anybody—anywhere—can take advantage of it by mail!

* * *

The First National Bank of Boston, leader in NOW accounts, reports that a large volume of out-of-state mail has already come to their headquarters at 100 Federal Street in Boston. Kenneth Rosano, senior vice president of the bank, notes that of the $179 million on deposit in NOW accounts, 20 percent comes from depositors outside of New England including 65 foreign countries.

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(All Classes Are To Be Taught By Qualified Instructors And Are Sponsored By The Appomattox County School Board)

REGISTRATION - By Phone: Call 352-8253
By Mail: Return Form Below

SECOND SEMESTER CLASSES - 1979

COURSE	TIME	CLASS BEGINS	LENGTH OF COURSE	COST	LOCATION
Adult Basic Education					
Adult Basic Class (Classes for adults who did not finish High School and who desire to work toward securing the State Equivalency Certificate)	Tu & Th, 7:00-9:30p.m.	Class continues from first semester. Persons may enroll now for the remainder of the class.		No Charge	Adult Education Center at Appomattox Elementary School
General Adult Education					
Art	Thursday, 7:00-9:00p.m.	Thursday Feb. 1	20 Hours	$10.00 plus cost of materials	ACHS, Art Department
GED Review Class (for adults who want to take the high school equivalency examination)	Tu & Th, 7:00-9:30p.m.	Tuesday, Jan. 30	55 Hours	$20.00	ACHS, Room 303
Physical Education (men)	Mon & Th, 7:00-9:00p.m.	Monday, Jan. 29	44 Hours	$7.50	ACHS Gym
Physical Education (women)	Monday, 7:00-9:00p.m.	Monday, Jan. 29	30 Hours	$5.00	AMS Gym
Vocational and Technical					
Bricklaying	Tu & Th, 7:00 - 9:00 p.m.	Tuesday, Jan. 30	50 Hours	$15.00	ACHS Masonry Dept.
Farm Machinery Repair (Appomattox)	Tu & Th, 6:30-10:00p.m.	Tuesday, Jan. 16	105 Hours	$5.00 plus cost of materials	AMS Vo-Ag Dept.
Farm Machinery Repair (Pamplin)	Monday, 6:30-10:00 p.m.	Monday, Jan. 15	70 Hours	$5.00 plus cost of materials	Shop, Pamplin Elementary School
Sewing, Beginning	Tuesday, 7:00-9:30 p.m.	Tuesday, Jan. 30	25 Hours	$10.00	ACHS Home Ec. Dept.
Sewing, Intermediate and Advanced	Tuesday, 7:00-9:30p.m.	Tuesday, Jan. 30	25 Hours	$10.00	ACHS Home Dept.
Typing, Beginning	Tu & Th, 7:00-9:00p.m.	Tuesday, Jan. 30	48 Hours	$15.00	ACHS Business Education Dept.
Typing, Advance	Tu & Th, 7:00-9:00 p.m.	Tuesday, Jan. 30	48 Hours	$15.00	ACHS Business, Education Dept.
Upholstery	Tuesday, 7:00-10:00p.m.	Tuesday, Jan. 30	30 Hours	$10.00 plus cost of materials	Home Economics Dept, ACHS
Woodworking	Tuesday, 7:00-9:30 p.m.	Tuesday, Jan. 30	25 Hours	$10.00 plus cost of materials	ACHS, Vo-Ag. Dept.
Adult Farmer Evening Class (Pamplin)	Thursday, 7:30-9:30 p.m.	Thursday, Jan. 25	20 Hours	No Charge	Library, Pamplin Elem. School
Young Farmers (Young men 18-35 years of age)	Contact Vocational Agriculture Department at ACHS for information concerning this class - Phone 352-7146				
Display in Selling	Tuesday, 6:30-9:30	Tuesday, Feb. 20	15 Hours	$7.50	ACHS DE Dept.
Principles of Supervision	Tuesday, 6:30-9:30 p.m.	Tuesday, April 15	15 Hours	$7.50	ACHS DE Department
Salesmanship	Tuesday, 6:30-9:30 p.m.	Tuesday, May 29	15 Hours	$7.50	ACHS DE Department
Drapery Construction	Thursday, 7:00-9:30p.m.	Thursday, Feb. 1	15 hours	$7.50	ACHS, Home Economics Dept.
Child Rearing	Thursday, 7:00-9:00p.m.	Thursday, Feb. 1	12 Hours	$7.50 for husband and wife/ $5.00 for individual	ACHS Home Ec. Dept.

NOTE:

1. Appomattox County School Board reserves the right to cancel a class if less than ten (10) persons enroll for a class.
2. Enrollment fees to be collected by instructor at first class meeting.
3. Persons are to pre-register for a class by calling 352-8253 during the hours of 8:30 - 5:00, or by mailing the registration form below.
4. Persons interested in a class not offered, please contact R. B. Carter, Adult Education Coordinator, at 352-8253 and give information about class desired.

REGISTRATION FORM

Please enroll Miss / Mr. / Mrs. _____ (First, Middle, Last) in the following course

Course Name _____

Telephone number _____

and address of enrollee _____

Mail to: Adult Education Coordinator
Appomattox County School Board
P. O. Box 548
Appomattox, Virginia 24522

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You Can Exercise In The Office

The chair you sit in may not be just a chair. It can also be an exerciser.

By systematically flexing and stretching in an office chair, you can unobtrusively exercise into a more physically fit, attractive you at opportune moments during the business day.

Unless your doctor has advised against it, you can carry out a five-minutes-a-day exercise program while you're on the phone or just conversing. Or, you can utilize unfilled moments while you're sitting in a meeting or doing paperwork at your desk.

Exercises in the office can even spill over into the executive conference room, where the executive can exercise unobserved, according to a new 12-page Westinghouse booklet, "Sitting Fit—Exercises You Can Do in Your Chair." The booklet comes attached to each office chair in Westinghouse's new people-oriented chair line.

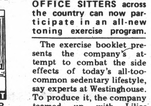
If you do the recommended exercises correctly, they can help tone up your upper and lower abdomen, posterior and thighs, and straighten your back. They can also help you relax.

The exercise program was developed along with an office chair that corresponds to the "look" Westinghouse's architectural systems division created with its open-office furniture system. The chair does things ordinary office chairs often don't do: provide comfort, increase productivity through proper body support, in both working and restful positions (no matter what the body size), function well, look good and be easy to maintain.

According to the chair's designer Don Albinson, chairs come in small, medium and large sizes to properly support all body types. A three-to-one, double-acting tension control changes the body angle but doesn't restrict circulation in legs by raising the feet off the floor. Both back and arms tilt back.

Eight basic models, four with arms and four without, can convert to nearly 700 different chairs, using various combinations of optional components to make a chair that fits almost any body comfortably at almost any type of job.

OFFICE SITTERS across the country can now participate in an all-new toning exercise program.



FITNESS IS OFTEN OVERLOOKED as a factor in office worker productivity.

The exercise booklet presents the company's attempt to combat the side effects of today's all-too-common sedentary lifestyle, say experts at Westinghouse. To produce it, the company teamed up with Lilias Folan, health and physical fitness expert, and Scandinavian Airlines System (SAS).

SAS had its own series of in-flight exercises originated by Dr. Folke Mossfeldt, Swedish television celebrity and physician to the Royal Swedish Court, to encourage passengers to stay fresh and alert during intercontinental flights.

Single copies of both the Westinghouse and SAS booklets are available by writing to the Westinghouse Architectural Systems Division, Marketing Communications Dept., 3400 36th Street Southeast, Grand Rapids, Michigan 49508, or from any Westinghouse office furniture dealer.

New Sea Frontier

The oceans and seas, which cover nearly three-fourths of the earth's surface, are a watery Fort Knox, filled with gold and other precious mineral wealth.

Oil, gas and mineral resources located on the continents are rapidly being depleted. As a result, the ocean has become the new theater for oil, gas and minerals.

PAMPLIN PUBLIC HEARING RESCHEDULED

The Town of Pamplin had planned two public hearings on January 12 and on January 19 in order that the Town of Pamplin could submit a pre-application for a water project to HUD in February.

Due to the inclement weather, the public meetings have been rescheduled and will be held at the town office at 10 a.m. on Friday, January 19, 1979, and at 7 p.m. on Monday, January 22, 1979.

The public meetings are for the purpose of allowing the public to express their views regarding the application for the water project.

eral exploration.

Marine geologists are looking beneath the surface of the sea—to the ocean floor and into the sediment and rock below.

There, marine geologists are finding new sources of oil and gas, plus new deposits of much needed minerals.

If you would like to learn more about these new efforts write the American Geological Institute, 5205 Leesburg Pike, Falls Church, Va. 22041.

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CANCER SOCIETY RADIO-THON

Cont'd from Page 1

Middle School Gym or call 352-8257 or 352-8258. If you do not wish to call or come by the gym and would like to make a donation to the American Cancer Society, stop by the AMS bus circle and drop a donation in the "fish bowl." (If the weather is permitting).

There are also two films from the American Cancer board about what causes cancer and how we can help! They will be shown at different times during the day. The goal we have set is $500.00. We can do it if we all work together. So come by or callland make a donation to the American Cancer Society!

FIGHTING INFLATION

Airlines are helping to take the air out of the inflation balloon.

Few industries can match the anti-inflation performance of the airlines, this year or in the past decade.

Air travel in 1978, the 75th year of powered flight, will set all-time records. U.S. airlines in domestic and international service are carrying more than 700,000 passengers a day. That's two million a month more than last year.

One reason that air travel keeps growing is that the cost of an airline ticket has increased much less than the price of other goods and services.

In the past 10 years, despite soaring costs—particularly of fuel—the average air fare on U.S. carriers has gone up only 4.4 percent a year. By contrast, the Consumer Price Index during the same period has risen 6.2 percent per year—or 41 percent higher than air fares.

This year, more than 85 million airline passengers—about one out of every three—will get more for their dollars through widespread discount fares. That's taking air out of the inflation balloon.

"The difference in what you hear, is worth the distance that you drive."

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